

MY BREAST CANCER RECOVERY Commitment

I hereby devote the next year of my life to "Creating Wellness." In addition to my chosen treatment, I pledge my full intent and focused efforts to getting well again.

I Will:

Medical:

- Continually research and understand all my treatment options;
- Implement a treatment plan that has my highest confidence; and
- Monitor the results both personally and with my healthcare team.

Nutrition:

- Consume a plant-based whole food diet;
- Eliminate refined "whites;" add bountiful fresh "colors;" and
- Implement a vitamin/mineral/herbal supplement program

Exercise:

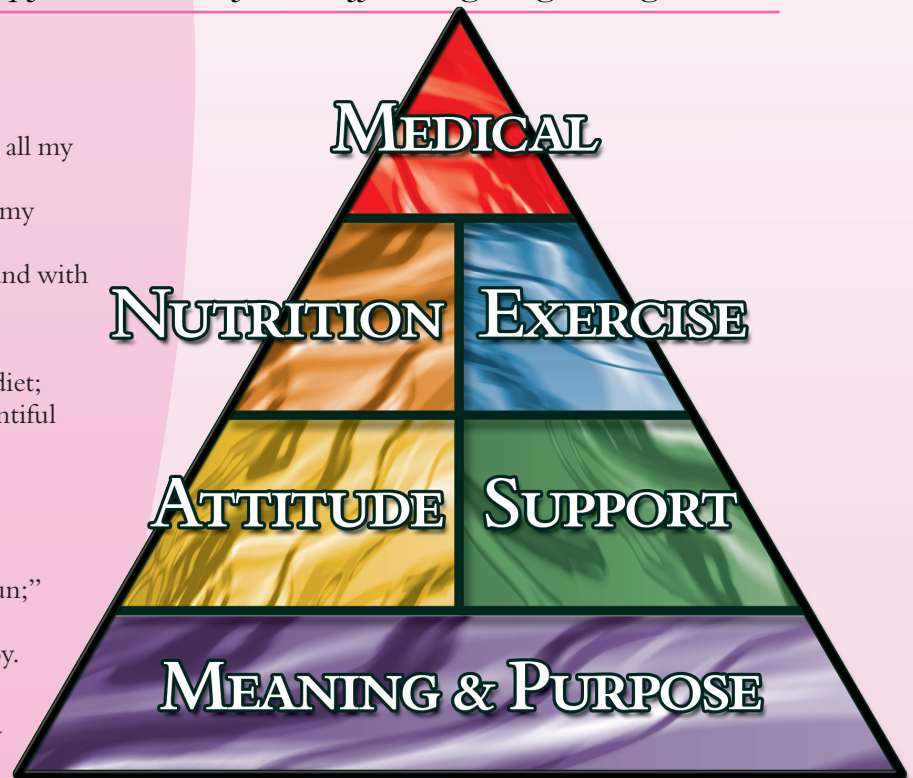
- Discover a physical activity that is "fun;"
- Commit to daily "fun;" and
- As a result, capture the emotion of joy.

Attitude:

- Become an expert on the mind/body connection;
- Focus my mind on healing, not on the problems of treatment; and
- Constantly affirm my health improvement

Support:

- Nurture relationships that uplift;
- Put toxic relationships "on hold" and
- Bond with others who are deeply committed to survivorship



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Meaning & Purpose:

- Release, let go and forgive all hostility in my life;
- Embrace gratitude as my way of life; and
- Practice unconditional love in thought, word and deed.

*I hereby commit to traveling this inspiring path to living well. I affirm,
"I am cancer-free, a picture of health!"*

Signature _____

Date _____

Please sign, date and place this contract where you will see it every day.

